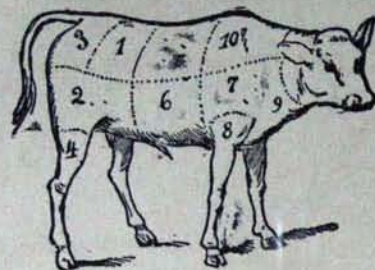


TABLE
OF
AND
HEALTH



VEAL.

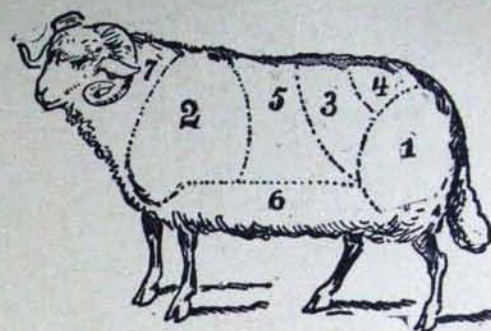
HIND-QUARTER.

- No. 1. Loin, the best cuts used for chops and roasts.
 No. 2. Fillet, used for cutlets and roasts.
 No. 3. Loin, chump end, used for chops and roasts.
 No. 4. The hind-knuckle or hock, used for stews, meat-pies, etc.

FORE-QUARTER.

- No. 5. Neck, best end used for roasts, stews, etc.
 No. 6. Breast, best end for roasting, stews, and chops.
 No. 7. Blade-bone, for pot-roasts and baked dishes.
 No. 8. Fore-knuckle, for soups and stews.
 No. 9. Breast, brisket-end used for baking and pot-pies.
 No. 10. Neck, scrag-end for stews, broths, etc.

In cutting up veal, generally, the hind-quarter is divided into loin and leg, and the fore-quarter into breast, neck, and shoulder.



MUTTON.

- No. 1. Leg, used for boiling and roasts.
 No. 2. Shoulder, used for roasts and baked dishes.
 No. 3. Loin, best end for roasts and chops.
 No. 4. Loin, chump end for roasts and chops.
 No. 5. Rack, or rib chops, used for French chops, rib chops, either for broiling or frying; also for choice stews.
 No. 6. Breast, for roast, baked dishes, stews, etc.
 No. 7. Neck or scrag-end for cutlets, stews, and meat-pies.

NOTE.—A saddle of mutton or double loin is two loins cut off before the carcass is split open down the back. French chops are a small rib chop, the end of the bone trimmed off and the meat and fat cut away from the thin end, leaving the round piece of meat attached to the larger end, which leaves the small rib-bone bare. Very tender and sweet.

Mutton is *prime* when cut from a carcass which has been fed out-of-doors, and allowed to run upon the hillside; they are best when about three years old. The fat will then be abundant, white and hard, the flesh juicy and firm, and of a clear red color.

For mutton roasts, choose the shoulder, the saddle, or the loin or haunch. The leg should be boiled. Almost any part will do for broth.

Mock Ice.—Take about three tablespoonfuls of some good preserve; rub it through a sieve with as much cream as will fill a quart mold; dissolve three-quarters of an ounce of isinglass or gelatine in half a pint of water; when almost cold, mix it well with the cream; put it into a mold; set it in a cool place, and turn out next day.

Salted or Roasted Almonds.—Blanch half a pound of almonds. Put with them a tablespoonful of melted butter and one of salt. Stir them till well mixed, then spread them over a baking-pan and bake fifteen minutes, or till crisp, stirring often. They must be bright yellow-brown when done. They are a fashionable appetizer, and should be placed in ornamental dishes at the beginning of dinner, and are used by some in place of olives, which, however, should also be on the table, some fine pickles may take their place.

Cream for Fruit.—This recipe is an excellent substitute for pure cream, to be eaten on fresh berries and fruit.

One cupful of sweet milk; heat it until boiling. Beat together the whites of two eggs, a tablespoonful of white sugar, and a piece of butter the size of a nutmeg. Now add half a cupful of cold milk and a teaspoonful of corn-starch; stir well together until very light and smooth, then add it to the boiling milk; cook it until it thickens; it must not boil. Set it aside to cool. It should be of the consistency of real fresh cream. Serve in a creamer.



ineapple
rice-

Plain Cake

1 egg $\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup sweet milk
1 heaping cup flour with 2 teaspoons
baking powder sifted with it flavor to
suit to taste.

Butter Scotch pie

put cup of sweet milk in double boiler
when hot put in $\frac{1}{2}$ cup maple sugar
when dissolved put one table spoon corn
starch with cold milk put in and stir until
begins to thicken then put in the beaten yolks
of two eggs when thick flavor with vanilla
from both whites and brown in oven.

Plain Cake Mrs. Lorus's

2 eggs

1 c sugar

1 " milk (small)

$\frac{1}{2}$ c flour

2 leasp - baking powder

$\frac{1}{2}$ lb butter or heaping table

cream yolks + sugar + butter + the

it all milk sifted in it all + baking powder

in heat well. then fold in whites beaten

to stiff.) Hot water sponge cake

2 eggs

1 cup sugar

1 " flour (large sifted w/ above baking p

1 " Hot water (small) stir all together before putting
in hot water the best good flavor to taste

Sham Champagne (A Purely Temperance Drink).—

Tartaric acid, one ounce; one good-sized lemon; ginger root, one ounce; white sugar, one and one-half pounds; water, two and one-half gallons; yeast, one gill.

Slice the lemon, and bruise the ginger, mix all except the yeast; boil the water and pour it upon them, and let stand until cooled to blood heat; then add the yeast and let it stand in the sun through the day; at night bottle, tying the corks, and in two days it will be fit to use.—*Mrs. Beecher.*

Be sure and not drink over three or four bottles at one time.

Blackberry Brandy.—To half a gallon of blackberry juice put one pound and a half of lump sugar, half an ounce of cinnamon, half an ounce of grated nutmegs, quarter of an ounce of cloves, and one ounce of allspice. Boil it a few minutes, and when cool add one pint of brandy. This is an invaluable remedy for diarrhoea.

Cherry Brandy.—Cherries, thirty-six pounds, half red and half black; squeeze them with the hands, and add one and one-half gallons of brandy. Let them infuse twenty-four hours; then put the bruised cherries and liquor into a canvas bag a little at a time, and press it as long as it will run. Sweeten with fine sugar, and let it stand a month; bottle off, putting loaf sugar into every bottle.

Aromatic Schiedam Schnapps.—A superlative tonic, diuretic, anti-dyspeptic, and invigorating cordial. This medical beverage is manufactured at Schiedam, in Holland, and is warranted from every injurious property and ingredient, and of the best possible quality. Its extraordinary medicinal properties in gravel, gout, chronic rheumatism, incipient dropsy, flatulence, colic pains of the stomach or bowels, whether in adults or infants, in all ordinary cases of obstruction in the kidneys, bladder, and urinary organs, in dyspepsia, whether acute or chronic, in general debility, sluggish circulation of the blood, inadequate assimilation of food and exhausted vital energy, are acknowledged by the whole medical faculty, and attested in their highest written authorities.

Take gentian root, one-quarter pound; orange peel, one-quarter pound; puds, one-half pound (but if this cannot be obtained, poma aurantior—unripe oranges), or agaric, one-quarter pound; best galangel, one-quarter pound; centaury, one-quarter pound; cost, \$1.20. Put pure spirit, ten gallons, upon them, and let them stand two weeks; stir it every day, and at the end of that time put three gallons of this to one barrel of good whiskey; then bottle and label.

Fried bread is delicious if seared properly cut the bread thin and dip it into a cream made by beating an egg and a couple of tablespoons of milk together have the spider hot and use just enough butter and lard to keep the bread from sticking without soaking in the grease fry to a delicate crisp brown and sear a piece at a time to eat with butter or syrup

Coffee Cake

1 cup sugar 1 molasses 1 strong coffee 1 cup shortening 2 teaspoons soda a little salt

1 teaspoon cinnamon
1 clove 1 nutmeg 5 cups flour 1 cups raisins if you want very good

Splended Cake

1 cup sugar
 $\frac{1}{4}$ butter
2 eggs saving the white of one
 $\frac{1}{2}$ cup sweet milk 1 and $\frac{3}{4}$ cups
flour 1 teaspoon baking powder
icing
 $\frac{1}{4}$ cup of powdered sugar 3
table spoons of grated chocolate
the white of one egg well beaten
and a little less than $\frac{1}{2}$ cup
of milk boil all together
stirring constantly when the
cake is cold pour this mixture
over it while in the pan.
do not move the cake or
cut it until the next day

Farmers Fruit cake

1 cup dried apples
1 cup molasses
1 cup sugar
1 " butter
1 cup milk
1 teaspoon soda

All kind of spice
 $\frac{1}{2}$ cups flour

Soak apples over night chop fine in the morning
and cook in the molasses add other ingredients

This makes two loaves

Ginger Cookies

$\frac{1}{2}$ cup cold lard
 $\frac{1}{2}$ cup molasses
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ tea spoon ginger
1 tea spoon soda

Tarts

1 cup lard 1/2 cup Tablespoonfull
cold water 1/2 Tablespoonfull
sugar white of 1 egg
1 Tablespoon cream tarter
1 Teaspoon soda $\frac{1}{2}$ salt
2 2

Butterscotch Pie

1 egg 1 cup brown sugar
1 cup milk 3 tablespoons flour
2 tablespoons butter 3 water
Put yolk of egg in brown sugar 1 cup milk
water butter 1/2 until it thickens Put in
pie shell 1/2 of egg and powdered sugar
spread over top and brown in the oven

JANUARY.

SUNDAY.

DINNER.

Oxtail Soup, 49.
 Baked White Fish (Bordeaux Sauce), 70.
 Braised Ducks with Turnips, 149.
 Mashed Potatoes, 214. Stewed Tomatoes, 220.
 Macaroni with Oysters, 207.
 Celery Slaw, 182. Fried Sweetbreads, 99.
 Apple Pudding, 334.
 Lemon Jelly, 295. Fruit, 438.
 Almond Macaroons, 408.
 Coffee, 419.

BREAKFAST.

Old-fashioned Apple Sauce, 168.
 Graham Mush, 277.
 Boiled Ham, 123. Potato Croquettes, 215.
 Fried Eggs, 231.
 Southern Corn Bread, 246.
 Raised Doughnuts, 408. Wheat Bread, 243.
 Coffee, 419.

SUPPER.

Boston Oyster Pie, 78.
 Cold Boiled Tongue, 109.
 Sliced Cucumber Pickle, 204.
 Orange Cake, 399. Ginger Snaps, 406.
 Tea, 422.

MONDAY.

DINNER.

Chicken Cream Soup, 53.
 Boiled Corned Beef, 110.
 Boiled Potatoes, 213. Boiled Turnips, 222.
 Boiled Cabbage, 198. Beets Boiled, 198.
 Charlotte Russe, 292.
 Preserved Strawberries, 452.
 Wine Jumbles, 407. Fruit, 438.
 Coffee, 419.

BREAKFAST.

Raspberry Jam.
 Cracked Wheat, 277. Saratoga Chips, 214.
 Broiled Steak, 105.
 Rice Griddle Cakes, 258.
 Brown Bread, 246. Coffee, 419.

LUNCHEON.

Cold Roast Duck, 147.
 Sliced Bologna Sausage.
 Celery, 202. Potato Croquettes, 215.
 Canned Grapes, 440.
 Chocolate, 422.

or wet mud even. The application of a little ammonia or salt and water will generally give marked relief.

To Cure the Sting of a Bee or Wasp.—Bind on common baking-soda, dampened with water. Or mix common earth with water to about the consistency of mud.

Suffocation.—Treat by quick removal to the open air, loosen the garments, and apply friction and artificial respiration if necessary. To escape injury by the heavier gases, as carbonic acid gas, the gases of mines, wells, etc., strive to keep the head above them. To escape through smoke, cover the head with some article of clothing, and seek the outlet with the head as near the floor as possible.

Sunburn.—For sunburn, use equal parts of bicarbonate of soda and fresh lard or cosmoline.

Sunstroke.—Treat this by removing the clothing, applying ice to the head and arm-pits until the high temperature is lowered and consciousness returns, when it should be discontinued until a rising temperature again calls for it. A cold bath of iced water may be very beneficial.

Toothache.—When due to a hollow tooth, cleanse the cavity with a little dry cotton on a probe or large needle, and then pack into the cavity a wad of cotton which has been dipped in creosote, oil of cloves, or ether. When there is no cavity, try bathing the face and gums with some of the various anodynes.

Rheumatism.—Acute attacks of rheumatism should be treated by painting the affected part with tincture of iodine. When there is a chronic rheumatic tendency, and the blood seems to be loaded with morbid poison, take one of the following:

Successful Alterative for Rheumatism.—Three ounces each of tinctures of sarsaparilla and quassia, one ounce of iodide of potash, twenty grains of quinine, one pint of water. Put all into a quart bottle, and shake when taken. Dose, one tablespoonful just before each meal.

Or one and a half drachms extract of spotted hemlock, five drachms of iodide of potassium, one and a half drachm of oil of winter-green, one ounce of orange-flower water, seven ounces each of tincture of Peruvian bark and extract of sarsaparilla comp. Mix and take one tablespoonful three times a day.

Liniment for Rheumatism.—Oil of winter-green and olive oil mixed in equal parts and applied externally will give almost instant relief from pain. On account of its pleasant odor this liniment is very agreeable to use.

Ringworm.—A very simple, yet effective manner of curing ringworm is to place on the affected part, for a short time every night, a copper coin which has remained for some time in vinegar, and is still wet with the liquid. It is also well to bathe the ringworm with a solution of two grains of iodide of potash in one ounce of water.

Scarlet Fever.—In ordinary cases, the room should be kept cool, the bed-covering light, and a tepid bath, containing a little saleratus, should be given every morning; twenty or thirty drops of sweet spirits of nitre, in an equal quantity of water, should be administered every two or three hours, with copious draughts of hot saffron or herb tea, to drive out the rash. Glycerine lotion, carbolated vaseline, or olive oil, applied to the skin, will allay the intense itching which accompanies this disease. For thirst, the patient may drink lemonade or cream of tartar water. When the throat is seriously affected—as in the malignant types of this disease—treat as directed for diphtheria. In all cases of scarlet fever, attend to disinfection. A good method is to hang, in the room or hall, a large piece of muslin, to be kept moist by soaking it occasionally in a solution composed of eight ounces of sulphate of zinc, two ounces of carbolic acid, and three gallons of water. The patient should not be allowed to go out of the house too soon after recovery, as almost every vital organ is left in a weakened condition and unable to withstand even slightly harmful influences. The patient is infectious until all scaling has ceased. (See "Diphtheria.")

Sulphur Cure for Scarlet Fever.—The eminent London, England, physician, Dr. Henry Pigeon, says: "Thoroughly anoint the patient twice daily with sulphur ointment; give from five to ten grains of sulphur in a little jam three times a day; burn sufficient sulphur twice daily, on coals on a shovel, to fill the room with the fumes, to be thoroughly inhaled by the patient."

Simple Salve.—An excellent salve for bruises is the following: Take the leaves of catnip and bruise with salt pork in a mortar, or with a rolling-pin. If applied to flesh wounds and bruises of any kind it will at once allay the inflammation.

Grandmother's Salve for Everything.—One pound of rosin and one-quarter of a cupful of mutton tallow after it is hard, half as much beeswax, and one-quarter of an ounce of camphor gum; put all into an old kettle, and let dissolve and just come to a boil, stirring with a stick; then take one-quarter of a pail of warm water, just the chill off, pour it in and stir carefully until you can get your hands around it; pull like candy until quite white and brittle; put a little grease on your hands to prevent sticking, and keep them wet.

PARBLE
HOME
AND
HEALTH



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